



DR. B. R. AMBEDKAR NATIONAL INSTITUTE OF TECHNOLOGY, JALANDHAR

MENTAL HEALTH SUPPORT WEBSITE

Aniket Garg	20124011
Kirandeep Kaur	20124048
Sajanjeet Singh Brar	20124087
Supreet Kaur	20124100

Project coordinator: Dr Vijay Kumar

TABLE OF CONTENT

- Introduction
- Previously Existing Similar Websites
- Problem Statement
- Statistical Data
- Tools Required
- Components of the Website
- Conclusion



MOTIVATION OF PROJECT

Here are some key points related to mental health issues:

- According to a survey conducted in 2020, Punjab has seen a significant rise in mental health issues, with a reported increase of 42% in cases of anxiety and depression.
- The National Mental Health Survey of India (2015-16) revealed that Punjab had a higher prevalence of mental disorders compared to the national average.
- The stigma associated with mental health issues often prevents individuals from seeking help. Only 10% of those in need of mental health services actually receive treatment.

EXISTING WORK RELATED TO PROJECT

Their Features and Limitations

1 BetterHelp

Features: Online therapy sessions, chat support, and access to licensed therapists.

Limitations: Paid service, limited to counseling only, may not provide extensive information on mental health issues..

2 Psychology Today

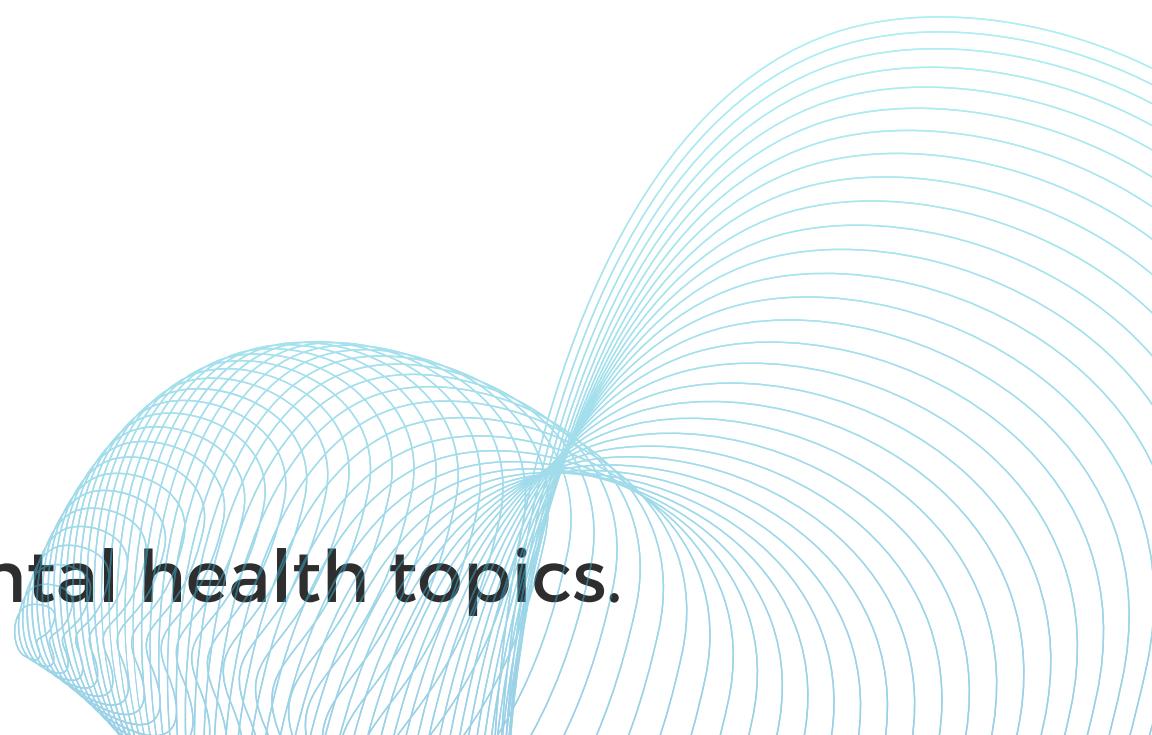
Features: Directory of mental health professionals, informative articles, and therapist profiles.

Limitations: Limited interactivity, lacks psychology tests.

3 7 Cups

Features: Peer support chat, and self-help articles.

Limitations: Limited professional input, not a wide range of mental health topics.



PROPOSED PROJECT AND DESCRIPTION

Mental health issues are a matter of growing concern today.

The following project provides a comprehensive Mental Health Support Website.

This project aims to provide a platform where individuals can -

1. Find easy access to mental health professionals.
2. Reliable information.
3. Tools to access and enhance their mental well-being.

EXPECTED OUTCOMES

The Mental Health Support Website aims to address these challenges:

Stigma:

Many hesitate to seek help for mental issues due to social stigma. The website provides a discrete and confidential platform for seeking support.

Accessibility:

Access to mental health professionals can be limited in certain regions. This website offers contact information for nearby psychiatrists.

Information Gap:

There is a lack of easily accessible and medically accurate information on mental health. The website's information library aims to bridge this gap.



EXPECTED OUTCOMES (cont.)

The Mental Health Support Website aims to address these challenges:

Mental Health Awareness:

Lack of awareness is a significant issue. The website provides resources and psychology tests to increase awareness and promote mental health education.

Community Support:

Sharing experiences can be therapeutic. The blog feature allows users to share their own mental health journeys, fostering a supportive community.



SOFTWARE TO BE USED

Programming Languages: HTML, CSS, JavaScript, Python.

Web Development Frameworks: NodeJS (for backend development).

Database: MongoDB.

AI Chatbot: Natural Language Processing (NLP) libraries (e.g., NLTK, spaCy).

Statistical Analysis Tools: Python libraries (e.g., NumPy, Pandas).

Web Hosting: A reliable web hosting service.

Data Security Measures: Encryption, secure authentication.

PROJECT MODULES AND WORKFLOW

1. Homepage:

The main landing page of the website, providing an overview.

2. Search and Navigation:

Tools to search for specific information, professionals, or services.

3. Find Nearby Professionals:

A directory or search functionality to help users find nearby psychiatrists and mental health professionals, categorized by location in Punjab, India.

4. AI-Powered Chatbot:

An AI chatbot capable of answering common mental health questions.

PROJECT MODULES AND WORKFLOW

(cont.)

5. Information Library:

Medically accurate and informative articles on various mental health topics.

6. Blogs:

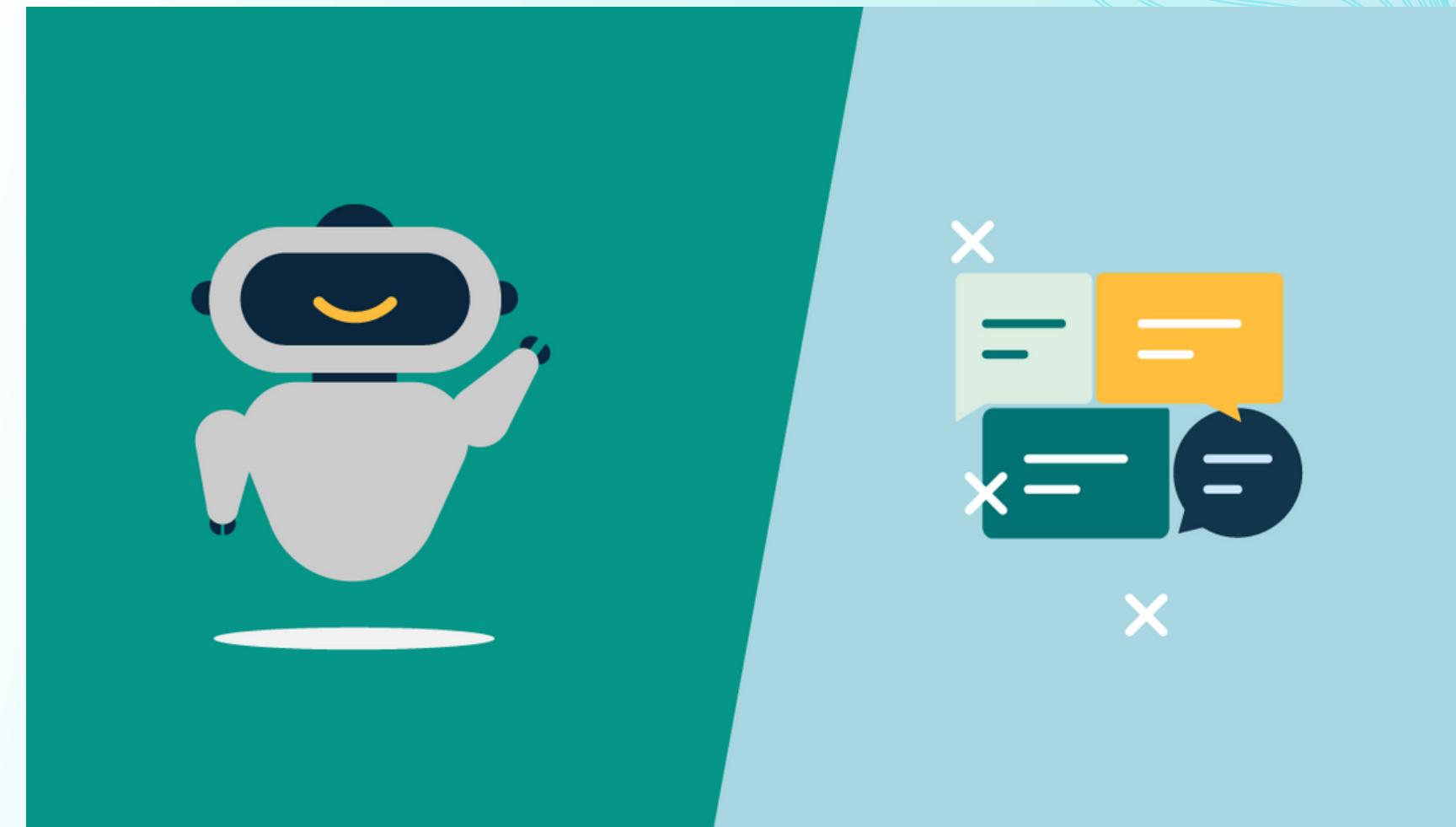
User-contributed or professional blogs sharing experiences and insights related to mental health.

7. Psychology Tests:

A standardized IQ test for users to assess their cognitive abilities, a personality assessment tool and other psychological tests for mental health, stress, anxiety, depression, etc. as well as emotional intelligence test, achievement tests, etc.

LINKS

- **Website**
- **AI Chatbot**



THANK YOU

